



Group Exercise Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga 8:00am Meg ●		Physio Barre 8:00am Shannon ▲		Pilates (Core Strength) 8:00am Thiem ●		
Balance & Recovery 9:00am Shannon ●	Core Strength & Flexibility 9:00am Ruben ●	Cardio & Strength Circuit 9:00am David ▲	Core Strength & Flexibility 9:00am Ruben ●	Tai Chi I 9:00am Thiem ●	POP Pilates 9:00am Leah ▲	
Healthy Back 10:00am Kaitlin ●	Dynamic Movement Circuit 10:00am Stephen ▲	Healthy Back 10:00am Stephen ●	Dynamic Movement Circuit 10:00am Stephen ▲		Strength Circuit 10:15am Marcia ▲	
		Core Strength 12:15pm Marcia ▲			Stretch Into Relaxation 11:30am Michael P. ●	
	Healthy Heart & Bones 1:30pm Stephen ●					
Core Strength 5:30pm Marcia ▲	Total Body Sculpt 5:30pm Isabel ▲	Yoga 5:30pm Meg ▲	Strength Circuit 5:30pm Jeanette ▲			Fee Based Class
		Total Body Sculpt 6:30pm Isabel ▲				New Class

All Classes 45 minutes

- Low Intensity ●
- Intermediate ▲
- High Intensity ◆

Fitness Center Hours

- Monday- Thursday 5:30am - 9:00pm
- Friday 5:30am - 8:00pm
- Saturday 7:00am - 6:00pm
- Sunday 8:00am - 4:00pm